

# THE COOKIN' CAJUN

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## Acadian Peppered Shrimp

=====

1 Pound Butter

2 Teaspoon Fresh basil, chopped

2 Teaspoon Fresh oregano, chopped  
1 Bay leaf, crumbled  
Salt  
1/2 Cup Lemon juice  
2 Teaspoon Cayenne pepper  
5 Garlic cloves, minced  
1/2 Cup Black pepper, finely ground  
4 Pound Large raw shrimp in shells

The shrimp should be of a size to number 30-35 per pound. Melt the Butter in a large deep-sided frying pan or iron skillet over low heat. When melted, raise the heat, and add the remaining ingredients except the shrimp. Cook, stirring often, until browned to a rich mahogany color, about 10 minutes. Add the shrimp, stir- ring and turning to coat well with the seasoned Butter. Cook until the shrimp have turned a rich deep pink, about 10 minutes. Serve the shrimp in their shells, peeling them at the table.

#### Andouille a la Jeannine

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1 Cup Dry white wine  
2 Pound Andouille or smoked sausage  
2 Tablespoon Honey  
1 Tablespoon Creole mustard

Slice andouille 1/4-to 1/2-inch thick. Mix all liquid ingredients and pour over andouille in a covered skillet. Cook over low heat until andouille is tender. Andouille is gumbo sausage for all you peoples who live away from the center of the universe. You can use other sausage and it would taste okay.

#### Andouille in Comforting Barbecue Sauce

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4 Cup Onions, finely chopped  
1 Cup Bell pepper, finely chopped  
1 Cup Peanut oil  
3 Cup Steak sauce  
3 Cup Ketchup  
3 Teaspoon Salt, to taste  
1 Pound Andouille sausage  
1 Cup Celery, finely chopped  
1 Cup Parsley, finely chopped  
1 Tablespoon Garlic, finely chopped  
1/2 Cup Louisiana hot sauce OR  
2 Tablespoon Cayenne pepper  
1 Cup Southern Comfort Liquor

Saute onions, celery, bell pepper, and parsley in peanut oil until the onions are clear or tender. Add garlic and cook a little longer. Add steak sauce, hot sauce, and ketchup. Add salt to taste. Add Southern Comfort. Bring to a boil. Lower heat and cook for 2 to 3 hours. Makes about 3/4 gallon. This will keep in the refrigerator for weeks. Slice 1 lb. andouille or smoked sausage 1/4 inch thick and combine with 1 cup sauce. Heat well on stove or in a chafing dish. Serve with small pieces of French bread or use toothpicks to spear andouille. You will need plenty of napkins, also, too.

### Andouille Smoked Sausage in Red Gravy

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- 6 Tablespoon Unsalted butter
- 1/2 Cup Chopped green peppers
- 1-1/2 Pound Andouille smoked sausage  
[2-inch pieces]
- 1 Teaspoon Minced garlic
- 8 Teaspoon Tomato sauce
- 3 Cup Onions
- 1/4 Cup Chopped parsley
- 6 1/2 Cup Pork or beef stock
- 1 Cup Chopped green onion tops
- 1-1/2 Teaspoon Cayenne pepper
- 3 Teaspoon Cooked rice
- 3/4 Teaspoon Salt
- 1/2 Cup Chopped celery

Melt butter in Dutch oven. Add sausage, cover, and cook without stirring about 7 minutes. Turn over and sprinkle 2 c. of onions on top. Cover and cook another 7 minutes. Should be dark brown sediment on pan bottom. Add 3/4 c. of stock and scrape bottom.

Add pepper and salt, stirring, scraping, and turning. Cover and cook 2 minutes, scraping once. Add celery, green peppers and garlic. Cover and cook 3 minutes, scraping once. Add tomato sauce and cook uncovered 5 minutes, scraping occasionally.

Add 1/2 c. onions. Cook 8 minutes until large puddles of oil have broken out and tomato mixture is thick. Stir only if sticking. Add parsley and 1/2 c. of the green onions. Add 3-1/4 c. more stock and scrape. Cook 20 minutes until liquid is thick dark red gravy. Stir occasionally.

Stir in remaining stock and onions. Bring to boil, reduce heat, and simmer, stirring frequently, about 14 minutes, until gravy is noticeably thicker but still juicy. Remove from heat and serve immediately.

## Baked Oysters

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1/4 Pound Butter  
2 Cup Celery  
1 Onion, chopped fine  
1 Pint Oysters  
4 Eggs; hard-boiled, grated  
2 Cup Toasted bread crumbs  
1 Cup Oyster Juice OR Water  
Parsley

Melt butter, add onion and celery. Cook on slow fire until tender. Add oysters that have been cut up by scissors, and a little oyster juice. cook about 5 min. until oysters curl. Take off fire and mix w/ rolled toasted bread crumbs and grated eggs and parsley to season. Add salt, pepper, and dampen w/ oyster juice or water. Put into oyster shells or greased pyrex dish; sprinkle cracker crumbs on top and dots of butter. Bake at 350 about 20 min.

## Baked Vegetable Gumbo Creole

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1 Pound Fresh okra,diag. sliced  
2 Package Frozen sliced okra[10oz]  
Boiling salted water  
1 Rib celery,diagonally sliced  
2 Bell peppers,in strips  
2 Package Frozen lima beans[10oz]  
8 Ears fresh corn kernels  
2 Package Frozen corn,thawed[10oz]  
Butter or margarine  
Bread crumbs  
1 Small onion,chopped  
4 Ripe tomatoes,sliced  
2 Serrano chiles,thinly sliced  
1 Teaspoon Chopped fresh basil  
1/2 Teaspoon Dried basil,crumbled  
Salt to taste  
Black pepper to taste  
1/2 Cup Shredded Monterey Jack

1. Cook fresh okra briefly in boiling salted water; drain.
2. Blanch celery in boiling salted water.
3. Add bell peppers and lima beans and cook until just tender; during last 30 seconds, add corn [do not overcook], then drain vegetables.

4. Butter a large baking dish and sprinkle with bread crumbs; add a layer of corn-bean mixture and okra.
5. Combine onion, tomatoes and basil; spoon layer of onion-tomato mixture over bottom layer in dish.
6. Sprinkle with chiles and season with salt and pepper.
7. Dot with butter and sprinkle with bread crumbs.
8. Repeat layering until casserole is filled.
9. Top with a layer of okra that has been dipped in crumbs and lightly sauteed in butter; sprinkle evenly with shredded cheese if desired.
10. Bake uncovered in preheated 300' over for 1 hour.

NOTE: This can be baked in the morning and reheated slowly before serving. It tastes even better the second day.

#### Barbecue Sauce [Cajun]

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#### ===== SEASONING MIX =====

- 1-1/2 Teaspoon Black pepper
- 1 Teaspoon Salt
- 1 Teaspoon Onion powder
- 1 Teaspoon Garlic powder
- 1/2 Teaspoon White pepper
- 1/2 Teaspoon Ground cayenne pepper

#### ===== MAIN INGREDIENTS =====

- 1/2 Pound Bacon, minced
- 1-1/2 Cup Chopped onions
- 2 Cup Pork, beef or chicken stock
- 1-1/2 Cup Bottled chili sauce
- 1 Cup Honey
- 3/4 Cup Dry roasted pecans, chopped
- 5 Teaspoon Orange juice [1/2 orange]
- Rind & pulp from 1/2 orange
- 2 Teaspoon Lemon juice [1/4 lemon]
- Rind & pulp from 1/4 lemon
- 2 Teaspoon Minced garlic
- 1 Teaspoon Tabasco sauce
- 4 Teaspoon Unsalted butter

Combine the seasoning mix ingredients in a small bowl and set aside. In a 2-quart saucepan fry the bacon over high heat until crisp. Stir in the

onions, cover pan, and continue cooking until onions are dark brown, but not burned, about 8 to 10 minutes, stirring occasionally. Stir in the seasoning mix and cook about 1 minute. Add the stock, chili sauce, honey, pecans, orange juice, lemon juice, orange and lemon rinds and pulp, garlic, and Tobasco, stirring well. Reduce heat to low; continue cooking about 10 minutes, stirring frequently. Remove orange and lemon rinds. Continue cooking and stirring about 15 minutes more to let the flavors marry. Add the butter and stir until melted. Remove from heat. Let cool about 30 minutes, then pour into a food processor or blender and process until pecans and bacon are finely chopped, about 10 to 15 seconds. This sauce may be used to barbecue chicken, pork or ribs. Makes about 5 Cups.

### Barbecued Pot Roast

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1 5 lb. pot roast  
2 Med. onions, sliced  
1/2 Cup Catsup  
1/4 Cup Wine vinegar  
1 Teaspoon Rosemary leaves  
Potatoes [optional]  
2 Tablespoon Cooking oil  
2 Cloves garlic, minced  
1/2 Cup Water  
2 Tablespoon Worcestershire sauce  
1 Teaspoon Salt

Brown roast on all sides in hot oil in large roaster, add onions and garlic. Combine remaining ingredients and pour over roast. Bake at 350 F. for abt. 2 hrs. Small peeled potatoes can be placed around at this time if desired. Return to oven and continue to cook additional hour or until roast is tender.

### Barbecued Shrimp

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===== SEASONING MIX =====

1 Teaspoon Ground cayenne pepper  
1 Teaspoon Black pepper  
1/2 Teaspoon Salt  
1/2 Teaspoon Crushed red pepper  
1/2 Teaspoon Dried thyme leaves  
1/2 Teaspoon Dried rosemary leaves, crush  
1/8 Teaspoon Dried oregano leaves

===== MAIN INGREDIENTS =====

1/4 Pound + 5 Tablespoon unsalted butter  
1 Teaspoon Worcestershire sauce  
1-1/2 Teaspoon Minced garlic

1/2 Cup Basic shrimp stock  
1/4 Cup Beer at room temperature

Rinse the shrimp in cold water and drain well. Then pinch off and discard the portion of the head from the eyes forward [including the eyes, but not the protruding long spine above the eyes]. Leave as much as possible of the orange shrimp fat from the head attached to the body. Set aside. : In a small bowl combine the seasoning mix ingredients. combine 1 stick of the butter, the garlic, Worcestershire and seasoning mix in a large skillet over high heat. When the butter is melted, add the shrimp. Cook for 2 minutes, shaking the pan [versus stirring] in a back-and-forth motion. Add the remaining 5 tablespoons butter and the stock; cook and shake pan for 2 minutes. Add the beer and cook and shake the pan 1 minute longer. Remove from the heat. : Serve immediately in bowls with lots of French bread on the side, or on a platter with cooked rice mounded in the middle and the shrimp and sauce surrounding it.

LAGNIAPPE: A certain percentage of oil is released when butter is melted, shaking the pan in a back-and-forth motion and the addition of stock to the butter keep the sauce from separating and having an oily texture--stirring doesn't produce the same effect.

### Basic Cooked Rice

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2 Cup Uncooked rice [see note]  
2 1/2 Cup Basic stock  
1-1/2 Tablespoon Onions, chopped very fine  
1-1/2 Tablespoon Celery, chopped very fine  
1-1/2 Tablespoon Bell peppers, chopped very fine  
1-1/2 Tablespoon Unsalted butter [preferred]  
1/2 Teaspoon Salt  
1/8 Teaspoon Garlic powder  
Pinch white pepper  
Pinch black pepper  
Pinch cayenne pepper

In a 5x9x2-1/2-inch loaf pan, combine all ingredients; mix well. Seal pan snugly with aluminum foil. Bake at 350F until rice is tender, about 1 hour, 10 minutes. Serve immediately. However, you can count on the rice staying hot for 45 minutes and warm for 2 hours. To reheat leftover rice, either use a double boiler or warm the rice in a skillet with unsalted butter.

### Cajun Bayou Baked Red Snapper

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1 Whole Red Snapper [4 Lb.]  
1 Stick margarine



1 Bunch Shallots, chopped  
1/2 Teaspoon Oregano  
1 Can Button mushrooms OR 8 Large fresh mushrooms  
Salt and pepper to taste.

Clean fish and pat dry. Rub cavity with salt, pepper and margarine. Place in well-greased baking pan and set aside. Heat 3 or 4 tbs. margarine in heavy skillet. Add shallots and saute until soft, but not brown. Add more margarine and mushrooms and continue cooking, shaking pan until most of fat is absorbed. Stir in oregano and pour mixture over fish. Measure fish at its thickest point and bake exactly 10 min. per inch of thickness in preheated 450 F. oven. Baste several times with pan juices.

### Bayou Boeuf Jambalaya

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1 Tablespoon Shortening  
1/4 Pound Kosher salami, cubed  
1 Sprig thyme  
1 Onion, sliced  
Salt & Pepper to taste  
2 Cup Tomatoes  
1 Cup Uncooked long grain rice  
1 Tablespoon Flour  
1/4 Cup Green pepper, minced  
1 Bay leaf  
1 Sprig parsley, minced  
1 Clove garlic, minced  
1 Pound Kosher smoked sausage.  
1 1/4 Cup Tomato juice

Melt shortening in heavy saucepan over medium heat. Stir in flour, salami, and green pepper. Simmer 5 min, stirring constantly.

Add remaining ingredients except rice. Bring to boil. Add rice to liquid. Cover and simmer for 40 min. until all liquid is absorbed.

### Bayou Shrimp Creole

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1 Cup Salad oil  
1 Stalk celery, diced  
5 Cup Onions, sliced  
1 Cup Chili sauce  
1 Teaspoon Curry powder  
3 Lge. bay leaf  
2 Package Frozen sliced okra  
2 Can Tomatoes [#303]

3 Large Green peppers, sliced  
1 Stalk celery leaves, chopped  
1 Teaspoon Thyme  
Salt, red & black pepper  
1/2 Cup Chopped parsley  
5 Pound Shrimp, cleaned & deveined

Heat oil in lge. frying pan. Add green peppers, celery, celery leaves and onions. Cook over low heat, stirring until vegetables are eslightly softened. Add remaining ingredients except shrimp. Cover and simmer for 1 hour, stirring occasionally. Refrigerate for 24 hours. Add shrimp 1 hour before serving; heat thoroughly. Serve over hot cooked rice.

### Beef Ribeye Stuffed with Pecans

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Olive oil  
1 10 pound beef ribeye or  
Tenderloin  
Salt, to taste  
Cayenne pepper, to taste  
2 Cup Pecan pieces or halves  
1-1/2 Cup Dry white wine  
1 Tablespoon Worcestershire sauce  
1 Cup Onion, chopped

Preheat the oven to 350 F. Pour enough olive oil into a deep roaster to coat the bottom. Cut a deep picket on the side of the tenderloin, and season with the salt and pepper, including the inside of the pocket. Stuff the pecans into the pocket and close with skewers. Place the loin in the middle of the roaster, so that the pocket is on the side, not on the top. Mix the wine and Worcestershire together and pour around the meat. Sprinkle the onions around the meat, cover, and bake for 2 or 3 hours, depending on how well done you like your beef. Baste every 20 minutes.

### Blackened Arctic Char

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2 Pounds Arctic Char  
6 Tablespoon Butter  
2 Lemons, Cut Into Wedges  
1 Tablespoon Cajun Spice

Fillet the Char [fresh or thawed] about 25 mm thick [1-1/2"]. Don't be afraid to substitute trout, perch, shrimp, or any firm-fleshed seafood or fish for the char. Melt butter in a cast-iron or heavy-bottomed frying pan over medium high heat. Add Cajun spice and heat thoroughly. Place fillets in pan. Squeeze juice of one lemon into pan. Cook fish for about 5 minutes on

each side. Serve with remaining lemon wedges and pan drippings.

### Blackened Red Steaks

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1-1/2 Pound Boneless sirloin beef steak  
1 to 1 1/4" thick  
1/2 Teaspoon Fresh ground peppercorns  
1 Teaspoon Salt-free seasoning  
1 Teaspoon Garlic salt  
1 Tablespoon Paprika  
2 Tablespoon Unsalted butter or  
Margarine  
2 Tablespoon Dry red wine  
1/2 Cup Beef broth  
1/4 Cup Chili sauce  
2 Teaspoon Browned mustard

### ===== ONION HAIRS =====

1 Cup Small onion rings, sliced Paper thin [about 3 small Onions]  
1 Teaspoon Flour  
2 Tablespoon Unsalted butter or margarine

### ===== GARNISH =====

Watercress

Wash and pat steak dry. Coat with pepper, salt-free seasoning and garlic salt. Spread paprika over all. Press firmly. Melt butter or margarine in large fry pan. Cook steak over high heat 3 minutes on each side to desired doneness. Will be dark and crusty. While steak is cooking, toss onion with flour. Cook a few at a time in hot butter or margarine about 1 minute, until brown and crisp. Keep warm. Remove steak from pan. Drain off any fat. Deglaze pan with wine. Add broth, chili sauce and mustard. Cook and stir to thicken, 2 to 3 minutes. Slice steak in thin diagonal slices, cross-grain. Spread red sauce over bottom of serving dish. Arrange steak, slices overlapping, over sauce. Spread onions on top. Garnish with watercress.

### Blackened Redfish

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[6] 8-10 oz. redfish fillets  
3/4 Pound Unsalted butter, melted

### ===== SEASONING MIX =====

1 Teaspoon Sweet paprika  
2 1/2 Teaspoon Salt  
1 Teaspoon Onion powder  
1 Teaspoon Garlic powder

1 Teaspoon Ground cayenne pepper  
3/4 Teaspoon Ground white pepper  
3/4 Teaspoon Ground black pepper  
1/2 Teaspoon Dried thyme leaves  
1/2 Teaspoon Dried oregano leaves

NOTE: Fish fillets [preferably redfish, pompano or tilefish] cut about 1/2 inch thick. Redfish and pompano are ideal for this method of cooking. If tilefish is used, you may have to split the fillets in half horizontally to have proper thickness. If you can't get any of these fish, salmon steaks or red snapper fillets can be substituted. In any case, the fillets or steaks must not be more than 3/4 inch thick. Heat a large cast-iron skillet over very high heat until it is beyond the smoking stage and you see white ash in the skillet bottom [the skillet cannot be too hot for this dish], at least 10 minutes. [FT - this recipe is \*NOT\* for the faint of heart] Meanwhile, pour 2 Tablespoons melted butter in each of 6 small ramekins; set aside and keep warm. Reserve the remaining butter in its skillet. Heat the serving plates in a 250F oven. Thoroughly combine the seasoning mix ingredients in a small bowl. Dip each fillet in the reserved melted butter so that both sides are well coated; then sprinkle seasoning mix generously and evenly on both sides of the fillets, patting by hand. Place in the hot skillet and pour 1 teaspoon melted butter on top of each fillet [be careful, as the butter may flame up]. Cook, uncovered, over the same high heat until the underside looks charred, about 2 minutes [the time will vary according to the fillet's thickness and the heat of the skillet]. Turn the fish over and again pour 1 teaspoon butter on top; cook until fish is done, about 2 minutes more. Repeat with remaining fillets. Serve each fillet while piping hot. To serve, place one fillet and a ramekin of butter on each heated serving plate.

## Boiled Crabs

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2 Lemons, quartered  
8 New red potatoes  
4 Small ears fresh corn  
4 Small yellow onions  
1 Cup Salt  
1/2 Cup Ground red pepper  
1/2 Cup Ground white pepper  
1/2 Cup Ground black pepper  
12 Live blue crabs

Fill a large [10-quart] stockpot one-third full with water. Add the lemons, potatoes, corn, onions, salt, and peppers. Cover and bring to a boil over high heat. Let boil for 10 minutes. Add the crabs, [if blue crabs are not available, substitute other small to medium crabs], cover, and return to boil. Once steam starts to escape from under the cover, let cook for 15 minutes. Turn off the heat and let sit, covered, for 10 minutes more.

## Boiled Crawfish

=====  
4 Boxes salt  
6 Pouches crab boil  
9 Lemons  
8 Ounce Cayenne pepper  
5 Pound Small white onions  
Garlic  
24 Small potatoes  
Smoked sausage  
Corn  
50 Pound Live crawfish

Bring seasonings to boil for 10 minutes. Add potatoes, corn, and smoked sausage. Boil for another 10 minutes. Add crawfish. Bring back to boil. Cut fire off immediately. Let soak for 20 to 30 minutes. Drain. Peel and eat. While water is coming to a boil, cull and clean crawfish. Rinse well with garden hose and remove any dead ones. Always wear gloves when you fool with crawfish, but remember, they can still pinch you through gloves.

## Boiled Crawfish with Vegetables

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40 Pound Live crawfish  
1 Cup Salt  
1/2 Cup Ground white pepper  
1/2 Cup Ground black pepper  
1/2 Cup Ground red pepper  
5 Pound Small white onions  
12 Large Ears of fresh corn, shucked  
5 Pound Small new potatoes

### === ADDITIONAL SEASONING MIXTURE =====

1/2 Cup Ground white pepper  
1/2 Cup Ground black pepper  
1/2 Cup Ground red pepper  
2 Cup Salt

Wash the crawfish and pick out any fish bones or other debris. Fill a BIG 40 quart stock pot a quarter full of water. Add the salt and peppers and bring to a boil. Add the whole onions, the corn and the new potatoes [it will be easy to remove them later if you put them in a cloth sack]. Return to a boil, cover, lower heat to medium and let cook 8 minutes. Add the crawfish, cover again and raise the heat to high. After steam begins to escape from under the lid, cook seven minutes more. Remove from the heat and let sit for four minutes. Do NOT remove the lid until this point.

Remove the onions, corn and potatoes to a bowl and drain the crawfish. Place

the crawfish in a large insulated container [an ice chest works well.

Have ready the additional seasoning mixture. Sprinkle over the crawfish and mix them well to coat. Cover and let sit for seven minutes.

Serve immediately with the vegetables on the side with lots of French bread on a large table covered with plenty of paper.

When everyone has his/her fill, everyone "peels for the house." The peeled tails can then be used in a cold crawfish cocktail or salad or for Fried crawfish the next day

### Brennan's Shrimp Creole

=====

1/2 Cup Vegetable oil  
1 Cup Green pepper, coarsely  
Chopped  
2 Cup Onion, coarsely chopped  
1 Cup Celery, coarsely chopped  
2 Tablespoon Garlic, minced  
2 Cup Whole tomatoes  
1 Tablespoon Paprika  
1/4 Teaspoon Cayenne pepper  
1 Teaspoon Salt  
1 Teaspoon White pepper  
1 Bay leaf  
2 Tablespoon Corn starch  
3 Pound Raw shrimp, peeled, deveined  
3 Cup Water

Heat vegetable oil and saute next four ingredients until tender. Add tomatoes and cook three to four more minutes. Stir in paprika, cayenne, salt, pepper, water, and bay leaf. Simmer 15 minutes. Add shrimp and continue to cook an additional 15 minutes. Thicken with corn starch mixed with cold water. Serve with hot fluffy rice.

### Broiled Alligator Tail with Lemon Butter Sauce

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2 Pound Alligator tail; trim and >>> slice thin.

===== LEMON BUTTER SAUCE =====

1/4 Pound Butter/margarine  
1/2 Teaspoon Onion powder  
1-1/2 Teaspoon Salt  
Cayenne pepper to taste  
1-1/2 Teaspoon Lemon juice  
1 Tablespoon Parsley; fresh chopped OR >>>

1-1/2 Teaspoon Parsley; dried

LEMON BUTTER: Over low heat in small saucepan, melt margarine or butter and stir in the remaining ingredients; DON'T LET IT BOIL. Let heat through, then serve immediately. : Yield: About 1/2 cup :

+++++ :  
BROILED ALLIGATOR TAIL: Lay alligator slices on a flat broiler pan, and place about 6 inches from the heating element. Broil for 10 to 15 minutes or until done. Remove the pan from the oven and brush the top of the meat with the lemon-butter sauce, making sure to coat the entire surface. Serve immediately.

### Cajun Catfish

=====

4 Catfish fillets [4 oz. each]  
1 Ounce Wheat flakes cereal - sugar free  
The cereal should be finely ground [1/4 cup]  
1 Tablespoon Paprika  
1/4 Teaspoon Salt  
1/4 Teaspoon Onion powder  
1/4 Teaspoon Garlic powder  
1/2 Teaspoon Cayenne pepper  
1/2 Teaspoon Black pepper  
1/2 Teaspoon White pepper  
1/2 Teaspoon Thyme  
1 Tablespoon Oil

1. Wash the fish fillets and pat dry. 2. In a bowl mix the ground wheat flakes and all the seasonings. Pour the dry mixture onto a piece of foil or wax paper, and dip the fillets into the seasoning, coating both sides. 3. In a heavy cast iron fry pan heat the oil. Fry the fillets for 2 minutes on each side. Lay the fillets on a plate lined with a paper towel, cover with another paper towel, and pat to remove excess oil.

### Cajun Catfish a la Don

=====

8 Large catfish filets  
1 Cup Lime/lemon juice fresh squeezed  
1-1/2 Tablespoon Cayenne pepper flakes  
1 Teaspoon Basil crushed  
2 Garlic cloves finely minced  
1/2 Cup Chablis wine  
1/4 Cup Corn or peanut oil  
1/2 Teaspoon Dried tarragon  
2 Tablespoon Cider vinegar  
2 Tablespoon Chopped scallion greens  
2 Tablespoon Fresh ground black pepper

Rinse the filets, pat dry, and place flat in a large glass baking pan. Mix all other ingredients together and pour over the filets. Cover and refrigerate for 8-24 hours. Turn every 4-6 hours. You may either broil these in your oven or upon your grill.

### Cajun Catfish Remoulade

=====

1 Cup Nonfat Mayonnaise  
1/3 Cup Creole Mustard  
1/3 Cup Fresh Horseradish  
1 Tablespoon Lemon Juice  
1 Tablespoon Worcestershire Sauce  
4 Drop Tabasco  
1 Tablespoon Onion; grated  
8 Catfish Fillets  
1 Quart Water  
2 Teaspoon Old Bay Seasoning  
2 Bay Leaves  
1/2 Teaspoon Cayenne Pepper  
1 Head Butter Lettuce; torn into bite-sized pieces  
2 Beefsteak Tomatoes; cut into wedges  
Parsley

Mix first seven ingredients in a glass jar; cover and refrigerate overnight. Cut catfish fillets into bite-sized pieces. Bring water, Old Bay Seasoning, bay leaves, and cayenne pepper to a gentle simmer and add catfish fillets. Cook until the meat flakes, about 10 minutes. Remove from heat, cover and let the fish cool in the cooking liquid. Refrigerate until serving time. To serve, drain the catfish fillets and place them on a lettuce-lined platter. Place the remoulade sauce in a bowl and nestle it in the center of the serving platter and serve. Garnish with tomato wedges and parsley.

### Cajun Chicken Salad

=====

2 Cup Cooked chicken, chunked  
1 Tablespoon Lemon juice  
1 Teaspoon Cayenne pepper  
1 Teaspoon Garlic powder  
1/2 Teaspoon White pepper  
1 Teaspoon Dried basil  
1/4 Teaspoon Dried thyme leaves  
2 Cup Iceberg lettuce, torn into 1-inch pieces  
1 Cup Romaine lettuce, torn into 1-inch pieces  
1 Medium Green pepper, chopped  
1 Cup Mushrooms, sliced  
1 Cup Cauliflower flowerets



1 Cup Grated carrots  
1/2 Cup Sunflower seeds

Combine chicken, lemon juice, cayenne pepper, garlic powder, white pepper, basil and thyme in a medium-sized mixing bowl. Mix well. Cover and refrigerate for 1 hour. Combine lettuces, green pepper, cauliflower, mushrooms and carrots in a large salad bowl. Toss to distribute evenly. Add chicken [including marinad]. Sprinkle with sunflower seeds.

### Cajun Creole

=====

1 Onion;chopped;med  
2 Tablespoon Margarine  
1 Green pepper; chopped  
1 Celery stalk; chopped  
1 Bay leaf  
1 Tablespoon Parsley  
1 Teaspoon Cajun seasoning  
1 Teaspoon Salt  
1/8 Teaspoon Cayenne pepper  
6 Ounce Tomato paste  
2 Cup Water  
1/4 Cup Triple Sec  
2 Cup Shrimp; not cooked

Melt margarine, add onion, green pepper and celery. Saute until tender. Stir in remaining ingredients, except shrimp. Cook over low heat for 20 minutes. Add shrimp and cook for an additional 10 minutes. Serve over rice.

### Cajun Meat Loaf

=====

===== SEASONING MIX =====

2 Bay leaves; whole  
1 Teaspoon Salt  
1 Teaspoon Pepper, cayenne; ground  
1 Teaspoon Pepper, black  
1/2 Teaspoon Pepper, white  
1/2 Teaspoon Cumin, ground  
1/2 Teaspoon Nutmeg, ground

===== MAIN INGREDIENTS =====

4 Tablespoon Butter, unsalted  
3/4 Cup Onion; finely chopped  
1/2 Cup Pepper, green bell; chopped  
1/4 Cup Onion, green; chopped fine  
2 Teaspoon Garlic; minced  
1 Tablespoon Tabasco sauce

1 Tablespoon Worcestershire sauce  
1/2 Cup Milk, evaporated  
1/2 Cup Catsup  
1-1/2 Pound Beef, lean ground  
1/2 Pound Pork, ground  
2 Eggs; lightly beaten  
1 Cup Bread crumbs, very fine

Combine the seasoning mix ingredients in a small bowl and set aside. Melt the butter in a 1-quart saucepan over medium heat. Add the onions, celery, bell peppers, green onions, garlic, tabasco, Worcestershire and seasoning mix. Saute until mixture starts sticking excessively, about 6 minutes, stirring occasionally and scraping the pan bottom well.

Stir in the milk and catsup. Continue cooking for about 2 minutes, stirring occasionally. Remove from heat and allow mixture to cool to room temperature.

Place the ground beef and pork in an ungreased 13x9-inch baking pan. Add the eggs, the cooked vegetable mixture and the bread crumbs, remove the bay leaves. Mix by hand until thoroughly combined. In the center of the pan, shape the mixture into a loaf that is about 1-1/2 inches high, 6 inches wide and 12 inches long. Bake uncovered at 350 F for 25 minutes, then raise heat to 400 F and continue cooking until done, about 35 minutes longer.

Serve immediately as is or with Very Hot Cajun Sauce for Beef. This is best using both ground pork and ground beef, as the pork gives more flavor diversity. However, you can make it with ground beef only.

### Cajun Pork Burgers

=====

2 Tablespoon Water  
2 Teaspoon Hot pepper sauce  
1/2 Pound Ground pork  
1/2 Pound Bulk hot sausage  
4 Sandwich buns  
4 Lettuce leaves

Heat grill. In large bowl, combine water and pepper sauce; blend well. Add pork and sausage, mix gently. Shape into 4 patties. Place on gas grill over medium heat. Cook 14 minutes or until no longer pink, turning once. Serve on buns with lettuce leaves and any desired additions.

### Cajun Prime Rib

=====

4 Pound Prime rib roast [10-1/2 lbs]  
1/4 Cup Garlic powder

2 Onions, thinly sliced  
1/4 Cup Black pepper  
1/4 Cup Salt

===== SEASONING MIX [OPTIONAL] =====

1 Tablespoon Plus 1 tsp, salt  
1 Tablespoon Plus 2 tsp, fennel seeds  
2 1/2 Teaspoon Dry mustard  
1 Tablespoon Plus 2 tsp, white pepper  
1 Tablespoon Plus 3/4 tsp, black pepper  
2 1/2 Teaspoon Ground cayenne pepper

Remove fat cap off top of meat [butcher can do this for you] and save. Place the roast, standing on the rib bones, in a very large roasting pan. Then with a knife make several dozen punctures through the silver skin so seasoning can permeate meat. Pour a very generous, even layer of black pepper over the top of the meat [the pepper should completely cover it]; repeat with the garlic powder, then the salt, totally covering the preceding layer. Carefully arrange the onions in an even layer on top so as not to knock off the seasoning. Place the fat cap back on top. Refrigerate 24 hours. Bake ribs in a 550F oven until the fat is dark brown and crispy on top, about 35 minutes. Remove from oven and cool slightly. Refrigerate until well chilled, about 3 hours. [this is done so the juices will solidify and the steaks can be cooked rare.] Remove fat cap and discard. With the blade of a large knife, scrape off the onions and as much of the seasonings as possible and discard. Then with a long knife, slice between ribs into 6 steaks [4 will have bones]; trim the cooked surface of meat from the 2 pieces that were on the outside of the roast. Season and cook in your favorite way for steaks. **TO BLACKEN THE STEAKS:** Combine the ingredients of the seasoning mix thoroughly in a small bowl; you will have about 8 tablespoons. Sprinkle the steaks generously and evenly on both sides with the mix. using about 4 teaspoons on each steak and pressing it in with your hands. Heat a cast iron skillet over very high heat until it is beyond the smoking stage and you see white ash on the skillet bottom--at least 10 minutes. [The skillet cannot be too hot for this method.] Place one steak in the hot skillet [cook only one side at a time] and cook over a very high heat until the underside starts to develop a heavy, black crust, about 2 to 3 minutes. Turn the steak over and cook until the underside is crusted like the first, about 2 to 3 minutes more. Repeat with the remaining steaks. Serve each steak while piping hot. [\*NOTE\*: If you don't have a commercial hood vent over your stove, this dish may smoke you out of the kitchen. It's worth it! But you can also cook it outdoors on a gas grill; a charcoal fire doesn't get hot enough to "blacken" the steak properly. If you have a smoke detector in your house, you will be able to determine if it is working correctly. This is NOT a dish to prepare in an apartment building with a central fire alarm system wired into your smoke detector. It causes great excitement! Also, you can be guaranteed you will meet your landlord.]

## Cajun Shrimp

=====

1 Pound Extra large shrimp, peeled  
1 Tablespoon Fresh lime juice  
1/2 Teaspoon Garlic powder  
1/2 Teaspoon Onion powder  
1/4 Teaspoon Thyme  
1/4 Teaspoon Salt  
1/4 Teaspoon Red pepper  
1/8 Teaspoon Black pepper  
Lime wedges

Toss the shrimp with the lime juice in a bowl. Mix the garlic powder, onion powder, thyme, salt, red pepper and black pepper in a small bowl. Sprinkle over the shrimp and toss to coat well.

Spray a large skillet with non-stick cooking spray. Heat until hot. Add the shrimp and cook for 3 minutes, or until the shrimp are pink, stirring constantly. Spoon into a serving dish. Chill, covered, for 1 hour or longer. Garnish with lime wedges.

## Cajun Snapper

=====

2 Pound Snapper [filetted]  
1 Teaspoon Red pepper flakes  
3 Tablespoon Tabasco sauce  
2 Tablespoon Ground dill  
6 Scallions chopped  
1 Teaspoon Salt  
4 Tablespoon Chopped green Bell pepper  
4 Tablespoon Chopped red Bell pepper  
1 Teaspoon File' powder  
1 Cup Sauterne wine

Lay snapper filets in a pan that you have sprayed liberally with Pam. Mix wine, Tabasco sauce, peppers, salt, dill, and file' powder together. Pour this mixture over the fish. Cover the pan and marinate for 2-6 hours. Over night is good too! Broil fish either in oven or on a grill. Sprinkle the onion over the filets while cooking.

## Cajun-Style Andouille

=====

2 Tablespoon Minced garlic  
2 Tablespoon Kosher salt  
1 Tablespoon Freshly ground black pepper  
1 Teaspoon Red pepper flakes  
2 Teaspoon Cayenne

3 Tablespoon Paprika  
1/4 Teaspoon Ground mace  
1/2 Teaspoon Dried thyme  
2 Tablespoon Sugar  
5 Pound Pork butt, fat and lean  
Separated, cut into 2 inch  
Cubes  
1/2 Cup Cold water  
1-1/2 Teaspoon Liquid smoke  
Medium or wide hog casings

Mix the garlic, salt, spices, and thyme with the sugar in a small bowl. Separate the meat and fat into 2 bowls, and rub each thoroughly with the spice mixture. Cover and refrigerate overnight. Grind the fat in a meat grinder fitted with a 1/4-inch plate. Grind the lean meat using a 3/8-inch plate. Mix the meat and fat together in a large bowl, stir the liquid smoke into the cold water and add to the meat. Knead until the water is absorbed and the spices well blended. Stuff the mixture into the hog casings. Dry for 2 hours uncovered in the refrigerator. Hot-smoke in a covered barbeque or smoker at about 250 degrees for 2 1/2 to 3 hours. Don't let them shrivel. Use immediately or freeze. Makes about 5 pounds.

### Cajunized Oriental Pork Chops

=====

6 Thick pork chops  
Salt & red cayenne pepper  
1-1/2 Cup Dry white wine  
1 Cup Bell pepper, chopped  
1 Cup Onions, chopped  
1 Clove garlic, chopped  
3 Tablespoon Soy sauce  
1 Can Pineapple chunks [15 oz.]

Salt and red pepper the chops. Brown them slowly in a skillet. Add wine, bell pepper, onion, and garlic, Cover and simmer for 25 to 30 minutes. Remove pork chops, being sure to keep them warm. Add the soy sauce and syrup from the pineapple. Stir and simmer until more or less thick. Add the pineapple chunks and bring to a boil. Serve over pork chops and hot cooked rice.

### Chicken and Sausage Gumbo

=====

1/3 Cup All-purpose flour  
1/3 Cup Cooking oil  
3 Cup Water  
12 Ounce Fully cooked smoked sausage links, sliced and quartered  
2 Cup Chopped cooked chicken

2 Cup Sliced okra OR one 10-oz package frozen whole okra, sliced  
1/2 Inch thick  
1 Cup Chopped onion  
1/2 Cup Chopped green pepper  
1/2 Cup Chopped celery  
4 Cloves garlic, minced  
1 Teaspoon Salt  
1/2 Teaspoon Pepper  
1/4 Teaspoon Ground red pepper Hot cooked rice

For roux, in a heavy 2-quart saucepan stir together flour and oil till smooth. Cook over medium-high heat 5 minutes, stirring constantly. Reduce heat to medium. Cook and stir constantly about 15 minutes more or till a dark, reddish brown roux forms. Cool.

In a 3 1/2, 4-, 5-, or 6-quart crockery cooker place water. Stir in roux. Add sausage, chicken, okra, onion, green pepper, celery, garlic, salt, pepper, and red pepper. Cover; cook on low-heat setting for 10-12 hours or on high-heat setting for 4 1/2 to 5 hours. Skim off fat. Serve over rice.

### Chicken Okra Gumbo with Sausage

=====

3 4 lb. chickens, cut up  
1/2 Cup Veg. oil  
2 Pound Sliced okra  
1/2 Cup Flour  
1 Gallon Water  
1 3 oz. Kosher smoked sausage  
1 Pound Chicken gizzards, cut up  
2 Medium onion, chopped  
1/4 Bell pepper, chopped  
1 Whole bulb garlic, chopped  
2 Tablespoon Chopped parsley  
1 Tablespoon Sugar  
1 6 oz. cn. tomato paste  
3 Large tomatoes OR 1 Can Whole tomatoes [16 oz.]  
2 Bay leaves  
1 Pinch Thyme  
1 Tablespoon Gumbo file'  
Salt & Pepper to taste

Brown chicken pieces in some of the oil; remove from pot. Brown okra and remove from pot. Add remainder of oil and flour, stirring constantly until roux is a rich brown.

Add okra and water to roux, blending well. Add chicken, sausage, gizzards, and remaining ingredients except file'. Salt and pepper to taste. Cook for 1 1/2 to 2 hrs.

Stir in file' during the last 1/2 hr. of cooking. Serve with hot cooked rice in soup bowls.

### Chicken Sausage Oyster Gumbo

=====

1 Cup Oil  
1 Cup Flour  
1 Bell pepper; chopped  
3 Celery stalk; chopped  
3 Garlic clove; minced  
2 Onion; chopped  
1 Chicken; cut up  
1 Pound Smoked sausage or andouille  
1-1/2 Quart ;Water, boiling  
2 Bay leaf  
1 Pint Oysters  
Salt  
Pepper  
Rice; cooked

Make a dark roux with oil and flour. Add bell pepper, celery, garlic, green onions, and onions. Saute until tender. Add chicken and brown. Add sausage, boiling water, and bay leaves. Let simmer 1 hour. Remove chicken from bones. Add chicken meat, salt, pepper, and oysters. Cook 10 minutes more. Serve over rice.

### Chicken-Okra Gumbo Plains-Style

=====

1/4 Pound Salt pork  
1 Frying chicken, cut up  
Flour  
3 Tablespoon Butter  
1 Onion, lg, mild, peeled/chopped  
20 Okra pods\*  
6 Tomatoes, large, fresh, chopped  
1 Red pepper, hot\*\*  
3 Parsley sprigs, chopped  
1 Bay leaf  
3 Quart Water, more if needed  
Salt to taste  
Pepper to taste  
2 Tablespoon Flour [opt]  
Cooked white rice

\* - okra can be fresh sliced or a 10-ounce package frozen okra sufficiently thawed to separate okra slices can be substituted.

\*\* - seeds removed and finely chopped.

1. Wash salt pork under cold water to rinse off excess salt. Blot dry and cut into small dice.
2. Place in a large, heavy soup pot and cook over low heat until all fat has been rendered. Remove crisped pork dice and drain on paper toweling. Set aside.
3. Blot chicken pieces dry with paper toweling and dredge lightly with flour. Press flour into each piece, then shake off all excess. Heat salt pork to almost smoking. Brown the floured chicken pieces a few at a time in the hot fat. Remove as browned and set aside.
4. Pour off and discard fat. Add butter to soup pot and place over low heat. When melted, add onion and okra and cook, stirring often with a wooden spoon, until onion is soft. Be careful not to let okra scorch.
5. Return chicken to pot and add remaining ingredients except salt and pepper and optional flour. Let simmer for about 1-1/2 hours, adding additional water if needed. Remove from heat. Remove and discard bay leaf. Remove skin and bone from chicken pieces and return meat to pot. Reheat if necessary. If desired, thicken mixture with 1-2 tablespoons flour mixed to a paste with about 1/2 cup cold water, and stir over low heat an additional 10-15 minutes.
6. Ladle into large soup bowls over mounds of just-cooked, fluffy white rice. Sprinkle crisped pork dice over each serving.

#### Chili [Cajun Style]

=====

- 1 Pound Hamburger meat
- 3 Tablespoon Red pepper
- 3 Tablespoon Parsley
- 1/2 An Onion
- 1 Galtic Clove
- 4 Whole Jalapeno Peppers
- 8 Ounce Can of tomato sauce
- 1-1/2 Teaspoon Salt
- 3 Tablespoon Black Pepper
- 1-1/2 Teaspoon Italian flakes
- 4 Green Onions
- 3 Tablespoon Galtic
- 1 Or 2 16 oz. of Ranch Style Beans
- 2 1/2 Tablespoon Chilli powder

Brown hamburger; drain any fat. add onions and all seasons; When onions are soft add the ranch style beans. Save the Chilli powder for when you put the



beans in. Add about 5 to 6 cups of water with the beans. then add the tomato sauce. This is going to be very hot. If you can not handle it hot cut back on the peppers and pepper powder. Let this cook about 1 1/2 hours on low. You will have to add more water as it cooks but when it has cook this long don't add any more water it should be thick but not real thick.

### Classic Chicken Gumbo

=====  
2 Tablespoon Vegetable shortening  
2 Tablespoon Flour,all-purpose  
2 Onions,finely chopped  
1 Green bell pepper,fine chop  
5 Cup Warm chicken broth  
8 Tomatoes,peeled/chopped  
1/2 Pound Okra,cut into 1/4" pieces  
1/2 Cup Uncooked rice  
2 Ribs celery,chopped  
1 Teaspoon Salt  
1/2 Teaspoon Pepper  
1/4 Teaspoon Thyme  
1 Bay leaf  
1 Broiler-fryer chicken,cooked  
5 minutes.

1. In large Dutch oven, melt shortening over low heat; add flour and cook, stirring, until brown, about 10 minutes [do not hurry; if flour burns, roux is ruined].

2. Add onions and bell pepper; cook until onion is translucent, about

3. Slowly add warm broth; stir until broth reaches a boil.

4. Add tomatoes, okra, rice, celery, salt, pepper, thyme and bay leaf; bring to a boil.

5. Add chicken; when mixture boils again, reduce heat to low, cover and cook about 20 minutes.

6. Stir and cook, covered, 20 minutes longer.

### Country Rice

=====  
1/3 Cup Chicken stock - made without salt or fat  
1/3 Cup Green onion - chopped  
pinch freshly ground black pepper  
1/3 Cup Rice - white, uncooked

PREPARATION: Bring the stock to a boil with the green onion and pepper. Add the rice; turn down to a simmer and cover; cook for 20 minutes.

NOTE: If you want drier rice, remove the cover at 20 minutes and heat just a minute or so longer.

VARIATIONS: Rice made with fish stock can be served with fish, beef-stock rich with beef. If you begin adding more vegetables, you will end up with a jambalaya instead of a side course of Country Rice.

### Crawfish Jambalaya

=====

1 Pound Crawfish tails  
1 1/4 Cup Long grain rice [raw]  
1 Tablespoon Flour  
2 Tablespoon Salad oil  
1 Cup Onion, chopped fine  
1/2 Cup Chopped parsley [2 ts.flakes]  
1/2 Cup Chopped green onion tops  
1/2 Cup Chopped celery  
1/2 Cup Chopped bell pepper  
1/4 Cup Crawfish fat  
1-1/2 Cup Water  
2 1/2 Teaspoon Salt  
1/2 Teaspoon Black pepper  
1/4 Teaspoon Red pepper, or to taste

Brown flour in oil to a golden brown. Add onions. Stir constantly until onions are almost cooked. Add 1 1/2 cups cold water and simmer for 1/2 hr. Add crawfish tails and fat. Cook until crawfish turns pink. Add abt. 2 cups of water and bring to a boil. When water is rapidly boiling, add remainder of ingredients. Stir to blend and cook on low heat covered for abt. 1/2 hr. or until rice is tender. Five minutes before serving, use a 2 prong fork and fluff up jambalaya so that rice will have a tendency to fall apart.

### Crayfish Etouffee

=====

3/4 Pound Butter  
2 Cup Chopped green pepper  
4 Teaspoon Salt  
1 Teaspoon Cayenne pepper  
1/4 Cup Tomato paste  
1-1/2 Cup Water  
4 Pound Crayfish tail meat  
1 Teaspoon Kitchen bouquet  
6 Cup Chopped onion  
5 Cloves of garlic

1 Teaspoon Black pepper  
1 Teaspoon Sugar  
3 Teaspoon Cornstarch  
1-1/2 Cup White wine  
1 Scallion, chopped

In large heavy pot, melt butter and saute onions, celery, green pepper and garlic until soft. Stir in salt, black and cayenne pepper, sugar and tomato paste. Simmer, stirring occasionally, for 20 minutes. Dissolve cornstarch in water; add wine to mixture. Cook for 20 minutes or until sauce thickens. Add crayfish, green onion and Kitchen Bouquet. Refrigerate overnight. Reheat and serve over rice. Don't overcook. Boiling crayfish: Discard any dead crayfish in the sack. Wash crayfish in clean, cool water just before cooking. They do not need to be purged with salt during washing. Place the live crayfish in boiling water and boil for 10 minutes. [Season the water with one pound of salt per five gallons of water. Add other seasoning to taste, including cayenne, garlic, onions, lemons, lemon juice and crab boil.] Don't begin timing cooking until water returns to a boil after adding crayfish. It's usual to add potatoes and corn on the cob to the boil. Crayfish are easiest to peel when still warm.

#### Cream of Onion Soup

=====  
1/4 Cup Butter  
2 Stalks celery, fine chop  
1 Blade mace  
Salt & Pepper to taste  
2/3 Cup Milk  
Fried croutons [garnish]  
3 Cup Onions, finely chopped  
3 3/4 Cup Chicken stock  
1 Bay leaf  
1/4 Cup Flour  
2/3 Cup Single or double cream  
Chopped fresh mixed herbs

Fry onions and celery for 5 minutes, without browning, in melted butter. Add chicken stock, mace, bay leaf and seasoning. Bring to a boil, cover and simmer 45 minutes or until tender. Remove bay leaf and mace blade. The soup can now be sieved or pureed if a smooth soup is desired. Blend flour with milk and whisk gradually into soup. Return to a boil, stirring constantly. Reduce heat and simmer for 5 minutes. Adjust seasoning. Stir in cream and reheat before serving. Dip the hot fried croutons into finely chopped savory herbs and float them on top of soup.

#### Creole Baked Fish

=====

1 Med. onion, chopped  
 2 Tablespoon Shortening  
 2 Cup Cooked whole tomatoes  
 1 Bay leaf  
 2 Pound Fish filet  
 1/4 Cup Bell pepper, chopped  
 2 Tablespoon Flour  
 1 Teaspoon Salt  
 1/8 Teaspoon Pepper  
 1 Package Frozen kernel corn OR>>>  
 1-1/2 Cup Cooked corn

Saute onion and green pepper in shortening until tender. Add flour and blend. Then add tomatoes, aslt, pepper, and bay leaf; brting to a boil. Cover and simmer 10 mi. Add corn and cook over low heat 10 min. longer, stirring occasionally. Remove bay leaf. Arrange fish in greased shallow baking dish. Cover with vegetable mixture and abke at 400 F. for 30 min or until done.

### Creole Candied Yams

=====

1 Can Whole yams [30 oz.]  
 1/4 Cup Seedless raisins  
 Juice from 1 lemon  
 1 Teaspoon Cinnamon  
 2 Tablespoon margarine  
 1 Apple, cored and sliced  
 2 Peaches, peeled and sliced  
 1/2 Cup Dark brown sugar  
 1/2 Cup White sugar

Remove yams and place in casserole dish. Pour liquid from yams into bowl. Add white sugar, brown sugar, and cinnamon, and mix until dissolved. Pour over yams.

Mix fruit together; add to yams and liquid. Dot with margarine. Bake in 400 F. oven for about 45 min. or until syrup has thickened slightly and yams look glazed.

Variation: Substitute oranges for peaches.

### Creole Chicken Soup

=====

1/2 Cup Onion - chopped  
 1/4 Cup Celery - chopped  
 1 Garlic clove - minced  
 3 Cup Water or chicken stock [fat Removed]

1 Cup Tomato - chopped  
6 Ounce Chicken meat - lean, cooked Or raw  
1/4 Teaspoon Thyme  
1/4 Teaspoon Marjoram  
2 Bay leaves  
Black pepper - freshly  
Ground, to taste

Cook the onion, celery, and garlic over high heat for 2 minutes, stirring constantly until they begin to colour.

Add all remaining ingredients

Cover the pot and simmer gently for 30 minutes.

To Serve: Ladle into warm soup bowls and serve piping hot.

NOTES: This is a very simple and basic preparation, and an excellent way to create a thrifty meal or first course from small amounts of leftover poultry. It can, of course, be made from scratch by simply using uncooked poultry meat.

A tablespoon of blond "roux" mixed with some of the stock and stirred into the soup a few minutes before the simmering is complete adds a silky texture to the dish.

### Creole Gumbo Pot

=====

1 Small Eggplant  
2 Teaspoon Salt  
3 Tablespoon Olive oil  
1 Large Onion, chopped  
1 Red pepper, seeded, diced  
1 Garlic clove, crushed  
2 Teaspoon Paprika  
1/2 Teaspoon Hot chili powder  
4 Ounce Fresh okra  
3/4 Cup Frozen corn, thawed  
2 Cup Boiling chicken stock  
1 Can Tomatoes in tomato juice [8 oz]  
2 Tablespoon Long grain white rice  
8 Ounce Peeled cooked medium-size shrimp, thawed if frozen  
Salt to taste  
Fresh ground pepper to taste  
Fresh dill sprigs [opt]

Trim stalk end from eggplant. Cut in 1/2" pieces and place in a colander. Sprinkle with 2 teaspoons salt; let stand 30 minutes. Rinse under cold water

and drain well.

Heat olive oil in a saucepan. Add eggplant, onion, red pepper and garlic and fry over low heat 5 minutes, stirring frequently. Stir in paprika and chili powder and cook gently 2 minutes.

Trim stalk ends from okra and discard. Cut okra in quarters.

Add okra, corn, chicken stock and tomatoes to eggplant mixture. Break up tomatoes with a spoon. Stir in rice, cover and simmer gently 25 minutes or until vegetables and rice are tender.

Add shrimp to mixture and heat through 5 minutes, stirring occasionally. Season with salt and pepper. Garnish with dill sprigs, if desired.

VARIATION: Stir in 2/3 cup half-and-half and heat through just before serving.

### Creole Liver & Rice

=====

1/2 Pound Beef liver  
1 Tablespoon Vegetable oil  
1/3 Cup Green bell pepper, chopped  
1 Can Stewed tomatoes[8oz]  
1/2 Teaspoon Basil  
1/2 Teaspoon Salt  
1/2 Teaspoon Garlic salt  
1 Pinch Black pepper  
2 Tablespoon Sherry  
1 Cup Rice, hot cooked

1. Cut liver into serving pieces.
2. In skillet, brown liver quickly in oil on both sides.
3. Add remaining ingredients except rice; cover and simmer 45 minutes, or until liver is tender.
4. Uncover and allow sauce to thicken, if necessary.
5. Serve over mounds of hot rice.

### Creole Seafood Gumbo

=====

1/4 Cup Butter or margarine  
2 Tablespoon Flour, all-purpose  
2 Cup Liquid[water/seafood juice]

2 Cup Cut okra  
2 Cup Peeled,cubed tomatoes  
1 Large onion,chopped  
1 Small green bell pepper,chop  
1 Teaspoon Tabasco sauce  
1/8 Teaspoon Thyme  
1 Bay leave  
2 Cup Shrimp, crabmeat, oyster combo  
3 Cup Hot cooked rice

1. Melt butter in large saucepan; blend in flour and cook over low heat, stirring constantly, until dark brown.
2. Add liquid, okra, tomatoes, onion, pepper, Tabasco, thyme and bay leaf; bring to a boil, then cover and simmer 30 minutes, stirring frequently.
3. Add seafood and cook, covered, 10 to 15 minutes longer.
4. Remove bay leaf and serve in soup bowls with mound of hot rice in center.

#### Creole-Style Red Beans & Rice

=====

1 Pound Red beans  
8 Cloves garlic, chopped  
1 Rib celery, chopped  
1/4 Pound Salami  
1 Pound Smoked sausage  
1 Large onion, chopped  
1/4 Bell pepper, chopped  
1 Teaspoon Sugar  
Salt & pepper to taste  
1 Pinch Thyme  
1 Pound Weiners

Wash beans thoroughly; cover with water and place on medium fire. Chop sausage and salami and add to beans; add garlic celery, onions, green pepper, sugar, and thyme. Continue cooking until beans are soft, adding more water if necessary.

When beans are soft, add weiners, sliced in 1" pcs., and salt and pepper to taste. Cook until gravy is thick and creamy. Serve over hot cooked rice.

#### Dirty Rice

=====

2 Tablespoon Chicken fat  
1/2 Pound Chicken gizzards  
1/4 Pound Ground pork

1 Bay leaves  
1 Yellow onions  
1-1/2 Celery stalks  
1/2 Bell peppers, green  
1 Garlic cloves  
1 Teaspoon Tabasco sauce  
1 Teaspoon Salt  
1 Teaspoon Black pepper  
2 Teaspoon Paprika  
1 Teaspoon Dry mustard  
1 Teaspoon Cumin  
1/2 Teaspoon Thyme  
1/2 Teaspoon Oregano  
2 Tablespoon Butter  
2 Cup Pork stock  
1/2 Pound Chicken livers  
1 Cup Rice

Mince onion, bell pepper, celery and garlic. Grind livers and gizzards. Place fat, gizzards, pork and bay leaves in large heavy skillet over high heat; cook until meat is thoroughly browned, about 6 minutes, stirring occasionally. Stir in the onion, celery, bell pepper, garlic, Tabasco, salt, pepper, paprika, mustard, cumin, thyme, and oregano; stir thoroughly, scraping pan bottom well. Add the butter and stir until melted. Reduce heat to medium and cook about 8 minutes, stirring constantly and scraping pan bottom well. Add the stock or water and stir until any mixture sticking to the pan bottom comes loose; cook about 8 minutes over high heat, stirring once. Then stir in the chicken livers and cook about 2 minutes. Add the rice and stir thoroughly; cover pan and turn heat to very low; cook about 5 minutes. Remove from heat and leave covered until rice is tender, about 10 minutes. Remove bay leaves and serve immediately.

## Dry Roux

=====

The traditional roux is an important element of many Cajun and Creole dishes. It is a mixture of half flour and half fat [oil or butter] cooked to progressive degrees of color from blond to brown depending on the richness and the "smokiness" of the flavor you are trying to achieve, the brown being the richest. This typical ingredient is a problem to low-fat, low-calorie, low-cholesterol cookery because of its high oil content, but making a "roux" without the oil is simple.

For use in Cajun dishes, gravies and as an all around flavorful thickening agent.

Make several cups at a time and store in tightly closed jar in refrigerator.



Put 1 to 3 cups flour into heavy skillet and place over moderate heat. The amount of flour depends only on size of skillet and size of storage container you will use.

Stir the flour around often with a wooden spoon as it cooks. Pay attention to the cooking because the flour will take a few minutes [5 or so] to begin coloring. Stir constantly to keep the flour in the bottom of the skillet moving so that it does not burn. Continue until all the flour is desired color, probably about like a light peanut butter color. The entire process takes 15 to 20 minutes to get enough rich dry roux to use for many dishes. Most dishes will call for several tablespoons full. Later -- when the dry roux is mixed with liquid, it will take on a darker color.

### Easy Lamb Creole Gumbo

=====

2 Tablespoon Vegetable oil

Flour

2 Pound Lamb riblets

2 Can Stewed tomatoes[16oz]

4 Cup Chicken broth

1 Cup White wine

1/2 Cup Chopped parsley

1/2 Lemon,sliced/seeded

2 Teaspoon Salt

1 Teaspoon Thyme

1 Bay leaf

1 Teaspoon Instant minced garlic

1 Package Frozen sliced okra[10oz]

1 Can Black-eyed peas[15oz]

1. Heat oil in large Dutch oven; dust riblets with flour and brown on all sides in hot oil.

2. Drain fat from pan; add tomatoes, broth, wine, parsley, lemon slices and seasonings.

3. Cover and simmer 1 1/2 hours.

4. Add okra and peas; cook, covered, 10 to 15 minutes.

NOTE: Meat may be removed from bones before servings. This gumbo freezes well.

### File' Gumbo Lafayette

=====

1 Package Okra,frozen,sliced [10 oz.]

1/3 Cup Beef Frye drippings

1 Cup Green onions w/tops,chopped  
1 Cup Celery, diced  
1 Clove garlic, minced  
1/4 Cup Flour  
2 Cup Hot water  
1 Can Stewed tomatoes [16 oz.]  
Salt to taste  
1/4 Teaspoon Pepper  
1 Bay leaf  
Tabasco to taste  
1 Can Salmon [15 1/2 oz.]  
1 Dash File' or to taste  
1 1/3 Cup Cooked rice

Thaw okra and saute in Beef-Frye drippings or veg. shortening for 10 min. stirring occasionally. Add onions, celery, and garlic and cook abt. 5 min. more. Stir in flour. Add hot water, stirring constantly, and cook until slightly thickened. Add tomatoes, salt, pepper, and bay leaf and cover. Simmer for additional 20 min. on low heat. Remove bay leaf and add Tabasco sauce. De-bone and skin salmon and add to gumbo. Heat thoroughly. Add dash of file' just before serving. Serve in soup bowls or plates over hot cooked rice.

### Grilled Catfish Cajun Style

=====

1 Teaspoon Lemon-pepper seasoning  
1 Teaspoon White pepper  
1 Teaspoon Creole seasoning  
1 Teaspoon Blackened fish seasoning  
2 Tablespoon Lemon juice  
4 Catfish fillets [1-1/3 lbs]  
Vegetable cooking spray  
Garnishes: lemon wedges, celery tops

Combine first 4 ingredients in a small bowl. Sprinkle lemon juice and seasoning mixture on both sides of fish. Spray a wire fish basket with cooking spray; place fish in basket. Grill fish, covered, over medium coals [400F] for 7 to 10 minutes on each side or until fish flakes easily when tested with a fork. Remove fish from basket; place on a serving platter. Garnish, if desired.

### Gumbo Ya Ya

=====

1 Large Roasting chicken [about 5 lbs.], disjointed  
Salt  
Cayenne pepper  
Powdered garlic

2 1/2 Cup Flour  
1 Cup Vegetable oil  
2 Cup Onions, coarsely chopped  
1-1/2 Cup Celery, coarsely chopped  
2 Cup Green pepper, coarsely chopped  
6 Cup Chicken broth  
1-1/2 Teaspoon Fresh garlic, minced  
1 Pound Andouille sausage finely diced [or any spicy smoked  
sausage such as Keilbasa]  
4 Cup Fluffy rice

Cut chicken breasts in half crosswise to get a total of 10 pieces of chicken. Season with salt, cayenne pepper and garlic powder and let stand at room temperature for 30 minutes. Measure flour into a large paper bag. Add chicken pieces and shake until well-coated. Remove chicken and reserve the flour.

In a large skillet, brown chicken in very hot oil, remove and set aside. Stir oil remaining in the skillet with a wire whisk to loosen any brown particles remaining in the bottom of the pan. Whisk in 1 cup of the remaining flour and stir constantly until the mixture of oil and flour [the roux] becomes dark brown [not black though]. Remove from heat and add onions, celery and green bell pepper, stirring constantly so they do not burn.

Transfer roux and vegetables to a large heavy saucepan. Add stock to roux and vegetables and bring to a boil, stirring. Lower heat to a quick simmer and add garlic, sausage and chicken. Continue cooking, covered, until the chicken is tender, 1 3/4 to 2 hours. Adjust seasonings and serve in pretty bowls over steamed white rice.

#### Ham & Corn Chowder

=====

1/2 Cup Onion, sliced  
1 Large Can cream style corn  
1/2 Teaspoon Salt  
Croutons, or oyster crackers  
1/2 Cup Butter or oleo, melted  
1/2 Cup Half & half  
1 Cup Ham, chopped  
1/8 Teaspoon Pepper

Saute onion in butter until tender. Add remaining ingreds. to pot and cook over low heat until thoroughly heated. Garnish with croutons or crackers.

#### Ham Skillet Gumbo

=====

2 Cup Dice cooked ham  
1 Cup Chopped green bell pepper  
1 Cup Chopped onions  
1 Package Cut okra[10oz]  
1 Can Tomatoes[15oz]  
1 Cup Chicken broth  
1 Cup Water  
1 Teaspoon Salt  
1/4 Teaspoon Black or cayenne pepper  
1 Cup Uncooked rice

1. Combine all ingredients except rice in a large, heavy skillet; bring to a boil.
2. Cover and simmer 10 minutes.
3. Stir in rice and simmer, covered, 20 minutes longer, or until rice is tender.

### Hoppin John Soup

=====

1/2 Cup Black eyed peas  
3 Cup Chicken broth  
1 Cup Water  
1/4 Teaspoon Crushed red pepper  
1 Garlic; clove; finely chopped  
1/2 Pound Ham; cubed  
1/2 Cup Onion; chopped  
1/4 Cup Rice, uncooked  
1/2 Cup Green Pepper; chopped  
1/4 Teaspoon Pepper; black or white  
1 Teaspoon Celery seed  
2 Cup Collard Greens Fresh; finely chopped  
1 Cup V-8  
2 Chicken bouillon cubes

Heat peas and water and broth to boiling in large sauce pan or dutch oven.  
Boil uncovered 2 minutes; remove from heat. Cover and let stand 1 hour. Do not drain.

Stir in crushed red pepper, garlic and ham. Heat to boiling, reduce heat.  
Cover and simmer 1 hour to 1 hour 30 minutes or until peas are tender. [Do not boil or peas will burst]

Stir in rice, onions, bell pepper, pepper, celery seed, one cup V-8, and 2 chicken bouillon cubes.

Cover and simmer about 25 minutes, stirring occasionally.

Cut stems out of center of collard green leaves. Slice and chop in match size strips. Stir in collard greens, simmer until heated through.

### Hot and Spicy Shrimp

=====

1 Pound Butter  
1/4 Cup Peanut oil  
3 Cloves garlic, chopped  
2 Teaspoon Rosemary  
1 Teaspoon Chopped basil  
1 Teaspoon Chopped thyme  
1 Teaspoon Chopped oregano  
2 Teaspoon Ground pepper, cayenne  
2 Teaspoon Fresh ground black pepper  
2 Bay leaves, crumbled  
1 Teaspoon Paprika  
2 Teaspoon Lemon juice  
2 Pound Raw shrimp in their shells  
Salt  
1 Small hot pepper, minced

Shrimp should be of a size to number 30-35 per pound. Melt the Butter and Oil in a flameproof baking dish. Add the Garlic, herbs, Peppers, bay leaves, Paprika, and Lemon juice, and bring to a boil. Turn the heat down and simmer 10 minutes, stirring frequently. Remove the dish from the heat and let the flavors marry at least 30 minutes. This hot Butter Sauce can be made a day in advance and refrigerated. Preheat the oven to 450F. Reheat the Sauce, add the shrimp, and cook over medium heat until the shrimp just turn pink, then bake in the oven about 30 minutes more. Taste for seasoning, adding Salt if necessary.

### Jambalaya Salad

=====

3/4 Cup Salad dressing, Italian  
1/2 Cup Celery, sliced  
1/2 Cup Green pepper, chopped  
1/4 Cup Onion, chopped  
1 Teaspoon Thyme  
1/4 Teaspoon Pepper, red, ground  
1/4 Teaspoon Salt  
1 Garlic clove, minced  
2 Cup Rice, cooked  
1/2 Cup Ham, cubed  
6 Ounce Shrimp, tiny, cooked  
1 Cup Tomato, chopped  
6 Bacon slices, crumbled

Combine first eight ingredients. Add remaining ingredients except bacon. Chill and add bacon just before serving.

### John's Creole Rabbit

=====

1 Large Or 2 small rabbits, disjointed  
1/2 Cup Flour  
1/2 Teaspoon Salt Oil for frying  
3 Large Onions, sliced in rings  
1 Cup Diced celery [2 large ribs]  
1 Cup Diced scallions [2 bunches] including about 1" of green portion  
6 Cloves garlic, diced fine  
4 Bay leaves  
3 Lemons quartered  
1/4 Teaspoon Basil  
3/4 Cup Chicken broth Salt and pepper to taste

Wash and pat dry rabbit parts. Combine flour and salt and dredge rabbit parts in it. Heat oil to 360 degrees and fry rabbit 3-4 minutes per side until crisp. Remove, drain on paper towels, and place in a large [5-6 quart] covered casserole.

Preheat oven to 350 degrees. Spread all remaining ingredients on top of rabbit, squeezing each lemon quarter, then including rind. Cover and bake one hour.

Remove cover of casserole, stir ingredients gently, then return to oven, uncovered. Turn heat up to 500 degrees. Bake 15 minutes, or until rabbit is well browned. Discard lemons and bay leaves. Add salt and pepper to taste. Serve over rice.

### Hush Puppies

=====

2 Cup Cornmeal  
1 Cup Plain flour  
1 Teaspoon Baking powder  
1 Teaspoon Salt  
1/2 Teaspoon Soda  
1/2 Cup Parsley, finely chopped  
Deep fat for frying  
Ground cayenne pepper  
2 Eggs, beaten  
1 Cup Buttermilk  
1 Cup Green onion, finely chopped  
2 Tablespoon Bacon drippings, hot  
1/2 Teaspoon Garlic powder [to taste]

Combine all dry ingredients. Add eggs, buttermilk, onions, and oil or bacon drippings. Mix well. Drop in deep hot fat by spoonfuls and brown on all sides. Makes about 50.

### Pickled Spiced Beans

=====

I start with a 1 quart canning jar with a new lid and clean ring. I clean the jar and soak it in hot water to ensure that it is hot. I fill the jar with beans, standing them all on end. Once I have the amount of beans in the jar that I am going to can, I fill the jar with hot water, then carefully pour the water into a measuring cup. Remembering what the amount was that I poured out of the jar, I dump half of the water out and replace with the same amount of white vinegar [now have a half and half solution of water and vinegar]. Pour the vinegar/water in a pan and bring to a boil. While the vinegar/water is heating up I peel the biggest clove of garlic I can get my hands on and split it in half and jam it in amongst the beans [sometimes I cheat and add 2]. Next I add 1 teaspoon of fresh ground dried red pepper to the jar. Next, I add 1 tablespoon of pickling spice to the jar. Once the vinegar/water comes to a boil, pour it into the jar, hopefully I have measured right so that I now have left a 1/2" head space. Quickly put the lid on the jar and the ring and tighten. If done quickly enough, the jar will seal itself without canning. Put this jar in the pantry and try very hard to leave your hands off for at least two months.

### Vegetable Gumbo

=====

- 1 Cup Olive oil
- 2 Cup All-purpose flour
- 1 Cup Onion, chopped
- 1/2 Cup Bell pepper, chopped
- 1/2 Cup Fresh parsley, chopped
- 2 Cup Cold water
- 1-1/2 Cup Okra, sliced
- 8 Cup Vegetable stock
- 1/2 Small Cabbage head, chopped
- 1 Medium Turnip, chopped
- 1/2 Bunch Mustard greens, chopped
- 1 Tablespoon Garlic, minced
- 2 Cup White wine, dry
- Salt, to taste
- Louisiana hot sauce, OR
- Cayenne pepper to taste

In a large, heavy pot over medium heat, make a dark roux with the oil and flour. Add the onions, bell pepper, and parsley, and cook until the onions are clear. Add the water and stir. Add the okra and cook another 5 minutes,

stirring to keep it from sticking. Stir in the stock, cabbage, turnips, mustard greens, garlic, and wine. Reduce the heat to low, add the salt and hot sauce, cover, and simmer for at least 8 to 10 servings.

### Kosher Creole Seafood Gumbo

=====

- 1 Lge. onion, chopped
- 1/2 Green pepper, chopped
- 1 Clove garlic, chopped
- 2 Tablespoon Veg. oil
- 2 Tablespoon Flour
- 1 Can Stewed tomatoes [15 oz.]
- 1 Can Tomato paste [6 oz.]
- 2 Teaspoon Salt
- 1 Bay leaf
- 1/2 Teaspoon Chili powder
- 1/2 Teaspoon Basil leaves
- 1 Pound Trout fillets
- 1 Package Frozen sliced okra part thaw
- 1/2 Pound Redfish fillets
- 3 Cup Water
- 1 Tablespoon Worcestershire sauce
- 3 Cup Hot cooked rice

Saute vegs. slightly in oil in dutch oven. Stir in flour; blend well. Add remaining ingreds. except fish, okra and rice. Simmer covered for 30 min. Remove bay leaf. Add fish and okra. Cover and simmer additional 10 min., or until okra is tender. Serve in soup bowls or plates over hot rice. Recipe may be easily doubled. Freezes well. Better next day.

### Louisiana Roast Beef

=====

- 1/4 Cup Onions, chopped very fine
- 1/4 Cup Celery, chopped very fine
- 1/4 Cup Bell peppers, chopped fine
- 2 Tablespoon Unsalted butter
- 1 Teaspoon Salt
- 1 Teaspoon White pepper
- 3/4 Teaspoon Black pepper
- 3/4 Teaspoon Minced garlic
- 1/2 Teaspoon Dry mustard
- 1/2 Teaspoon Ground cayenne
- 4 Pound Boneless sirloin roast

In a small bowl combine the onions, celery, bell peppers, butter and seasonings, mix well. Place roast in a large roasting pan, fat side up. With a large knife make 6 to 12 deep slits in the meat [to form pockets] down to



a depth of about 1/2 inch from the bottom; do not cut all the way through. Fill the pockets to their depths with the vegetable mixture, reserving about 1 tablespoon of the vegetables to rub over the top of the roast. Bake uncovered at 300F until a meat thermometer reads about 160F for medium doneness, about 3 hours. For rarer roast, cook until thermometer reads 140F. Serve immediately topped with some of the pan drippings if you like.

#### Marinade for Lamb or Goat

=====

4 Cup Chablis wine  
1 Cup Green creme de menthe  
1 Tablespoon Onion powder  
1 Teaspoon Dried mint [crushed]  
2 Tablespoon Louisiana hot sauce  
1 Cup Soy sauce  
1 Cup Water  
2 Tablespoon Olive oil

Mix all ingredients. Marinade lamb or goat 6 to 12 hours, then use the marinade as a basting sauce as it cooks.

#### Muffins [ Jalapeno Corn ]

=====

1 Tablespoon Softened butter  
4 Large Eggs  
2 Tablespoon Seeded and minced Jalapeno peppers  
2 Cup Corn kernels [at room temp]  
1 Cup All purpose flour  
1 Cup Yellow cornmeal  
1 Tablespoon Baking powder  
1 Teaspoon Salt  
3/4 Cup Milk  
1 Tablespoon Veg oil

Preheat oven to 375. Grease a 12 muffin tin with the softened butter.

In large bowl, whisk the eggs - add the jalapenos and corn. Stir in the flour, cornmeal, baking powder and the salt. Add the milk and oil. Stir just enough to mix well.

Evenly divide mixture into 12 muffin cups.

Bake until gold about 25 mins. Cool slightly before serving.

#### New Orleans Daube

=====

1/4 Pound Salt pork, chopped coarsely  
1 Medium Onion, sliced  
2 Tablespoon Chopped parsley  
2 Bay leaves, crumbled  
2 Teaspoon Salt  
1 Or 2 cloves garlic, crushed  
1 Teaspoon [each] pepper and thyme  
1/2 Teaspoon Ground cloves  
1 [4-5 lb] beef roast [rump, Round, or rolled chuck]  
2 Cup Water  
2 Tablespoon Sherry  
1 Pound Spaghetti, cooked

Combine salt pork, onions, parsley, bay leaves, salt, garlic, pepper, thyme and cloves in Dutch oven. Add roast, water and sherry. Place sheet of foil over pan, then cover with lid. Bake in a 300 degree oven, or simmer over very low heat 3 hours, or until fork-tender [do not remove lid until near end of cooking]. Slice meat and serve over spaghetti tossed with pan juices. If desired, strain pan juices and thicken with flour to desired consistency.

For microwave oven, put salt pork, onion, parsley, seasonings, roast, only 1 cup water, and the sherry in roasting bag or wrap, following manufacturer's direction [tie bag with string]. Place in baking dish. Cook 15 minutes; let stand 2 minutes. Turn dish a half turn. Repeat 3 or 4 times, or until meat is tender.

### Okra Chicken & Crab Gumbo with Rice

=====

1/2 Cup Onion - chopped  
1/4 Cup Green onion - chopped  
1/4 Cup Green bell pepper - chopped  
1/4 Cup Celery - chopped  
1/4 Cup Okra - sliced  
1 Garlic clove - minced  
1 Teaspoon Parsley - fresh, minced  
2 Tablespoon Dry brown roux  
2 Cup Water  
1 Bay leaf  
1/4 Teaspoon Thyme  
1/4 Teaspoon Black pepper - freshly Ground  
Pinch Cayenne  
1 blue crab, Cleaned and quartered  
4 Ounce Chicken breast - cooked, cut into 1/2" cubes  
1 Cup Rice - hot, cooked [no oil or salt added]

Put the onion, green onion, bell pepper, celery, okra, garlic, and parsley in a saucepan and cook while stirring for 5 minutes. Stir in the dry roux

and slowly blend in the water. Add the bay leaf, thyme, pepper, and cayenne and bring to a boil, then reduce to a simmer. Add the crab and the chicken, cover the pot, and continue simmering for 30 minutes.

TO SERVE: Spoon the gumbo into warm soup bowls and top with 1/2 cup rice in the center of each. Serve immediately.

### Oyster Fritters Cajun-Style

=====

48 Shucked oysters w/liquid  
6 Eggs, beaten  
4 Tablespoon Baking powder  
1/4 Teaspoon Oregano flakes  
1 Teaspoon Black pepper  
1/2 Teaspoon White pepper  
1-1/2 Teaspoon Tabasco sauce  
2 Cup Flour, all-purpose is best  
1 Cup Milk or Half & Half  
1 Teaspoon Salt  
1/4 Pound Butter  
1/2 Cup Peanut or corn oil

Melt the butter in pan at approx. 300 degrees F. Saute the oysters in the melted butter for 2-3 minutes. Remove from the pan & quarter. Mix all other ingredients in bowl, including the oyster liquid. Control the thickness of the fritter batter by the amount of oyster liquid that you add. Mix in the oysters. Drop a tablespoon full of the batter into the pre-heated oil and fry until golden brown.

### Patout's Boiled Crawfish

=====

===== FOR THE BOIL =====

40 Pound Live crawfish  
1 Cup Salt  
1/2 Cup Ground white pepper  
1/2 Cup Ground red pepper  
1/2 Cup Ground black pepper  
5 Pound Small white onions  
12 Ears of corn, shucked  
5 Pound Small new potatoes

===== SPRINKLE =====

1/2 Cup Ground white pepper  
1/2 Cup Ground red pepper  
1/2 Cup Ground black pepper  
2 Cup Salt

Alex Patout describes Crawfish as "a delicacy made for sharing-- in fact, in Cajun country, boiling crawfish for only two people counts as a venial sin." Wash the crawfish well and pick out any fish bones or other debris. Fill a great big [40-quart] Stockpot a quarter full of water. Add the salt and peppers and bring to boil. Add the whole onions, the corn, and the new potatoes [it will be easy to remove them later if you put them in a cloth sack]. Return to boil, cover, lower heat to medium, and let cook for 8 minutes. Add crawfish, cover again and raise heat to high. After steam begins to escape from under the lid, cook 7 minutes more. Remove from heat and let sit for 4 minutes. Do **\*NOT\*** remove the lid until this point! Remove the onions, corn, and potatoes to a bowl and drain the crawfish. Place the crawfish in a large insulated container [an ice chest works well, as do the thick waterproof boxes chickens are shipped in, which your butcher may give you for free]. Have your **\*SPRINKLE\*** ready and sprinkle over the crawfish and mix them well to coat. Cover and let sit for 7 minutes. Serve immediately with the onions, corn, new potatoes, and lots of French bread on a large table covered with plenty of paper. When everyone has eaten his fill, everyone "peels for the house." The peeled tails can then be used in cold crawfish cocktail or salad or for Fried Crawfish the next day.

#### Pasta in Cream Sauce w/Poultry Magic

=====

- 1/3 Pound Spaghetti or rotini
- 6 Tablespoon Margarine or unsalted butter
- 1/4 Cup Finely chopped green onions
- 2 Teaspoon Poultry Magic
- 2 Cup Half & Half or heavy cream

Cook the spaghetti according to package just to al dente stage; immediately drain and rinse with hot water to wash off starch, then with cold water to stop the cooking process; drain again. [To prevent the pasta from sticking together, pour a very small amount of oil in the palm of your hand and rub through the pasta after rinsing.] In a large skillet melt the margarine over medium heat. Add the Magic Seasoning blend and saute about 1 minute to bring out the flavors, stirring occasionally; add the green onions and saute 1 to 2 minutes, continuing to stir. Gradually add the cream, either stirring or shaking the pan in a back and forth motion until the mixture reaches a boil. Simmer over medium heat until the sauce thickens somewhat, continue to shake the pan, about 2 to 3 minutes. Add the cooked spaghetti; toss and stir until spaghetti is heated through, about 2 minutes. Pasta should swim in the sauce. Serve immediately.

#### Poultry Magic

=====

- 1 1/2 teaspoons salt
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon onion powder
- 1/4 teaspoon granulated garlic

1/2 teaspoon paprika  
1/4 teaspoon ground black pepper  
1/4 teaspoon rubbed sage  
1/4 teaspoon dried thyme  
1/4 teaspoon dried oregano  
1/8 teaspoon cumin

### Rajun Cajun Ribs

=====

3 Pound Pork spareribs Boiling water to cover Rajun Cajun Sauce  
2/3 Cup Ketchup  
1/4 Teaspoon Cayenne pepper  
1/8 Teaspoon Pepper  
1/8 Teaspoon Garlic powder  
1/8 Teaspoon Chili powder

Cut ribs into easy to handle portions. Cook in boiling water until tender, about 1 hour. Drain, Cool. Rajun Cajun Sauce: Combine all 5 ingredients together in small bowl. Brush over ribs. Place ribs on grill over medium-hot heat. Turn and baste often, about 10 minutes until well glazed and hot. More heat can be added to suit your taste. Just add more cayenne pepper.

DropBooks

### Ratatouille

=====

4 Medium onions, sliced  
4 Green peppers, seeded/cubed  
1 Sm. unpeeled eggplant, cubed  
1/2 Teaspoon Thyme  
1 Zuchinni, cubed  
1/2 Cup Minced parsley  
3 Garlic cloves, chopped fine  
4 Tomatoes, peeled/seeded/chop  
Salt, to taste  
Pepper to taste

Saute sliced onions and green peppers in 1/2 cup of olive oil in a casserole dish until golden brown. Add vegetables and herbs. Mix gently. Bring remaining olive oil to a boil and pour over vegetables. Cover casserole tightly and simmer at low heat for 30 minutes. Season with salt and pepper. Serve hot or cold.

### Red Beans With Rice

=====

1 Pound Red kidney beans  
1 Pound Salt pork

2 Cloves garlic  
1 Teaspoon Italian seasoning  
1 Bell pepper  
1 Chopped onion  
1 Stalk celery  
1 Whole hot pepper

Boil pork 5 minutes to get rid of salt. Put pork in second water [hot] and add beans, water, should be one-half inch above beans. Add immediately, one bell pepper, one chopped onion, celery, garlic, Italian seasoning and whole hot pepper. Cook slowly two to three hours, until gravy is thick and beans tender -- just before dishing out add a pinch of italian seasoning again. Salt to taste and serve with rice.

### Roasted Pork

=====

2 Medium Onions, quartered  
1 Medium Red pepper, sliced  
1 Medium Green pepper, sliced  
1 Cup Mushrooms  
2 Medium Potatoes, quartered  
1 Teaspoon Salt  
2 Teaspoon Black pepper  
1 Teaspoon Garlic powder  
1 Teaspoon Cayenne pepper  
1/4 Teaspoon White pepper  
4 Pound Boneless pork loin roast  
1/2 Cup Water

Combine vegetables and seasoning except black pepper in a mixing bowl. Mix well. Place roast in a large roasting pan, fat side up. Sprinkle with black pepper. Pour water over roast and add vegetables. Cook uncovered at 375 degrees for 3 hours or until a meat thermometer 160 degrees. Increase heat to 425 degrees, cook 15 minutes or until meat is no longer pink.

### Sausage Gumbo

=====

1/2 Pound Hot sausage  
1 Pound Smoked sausage  
1 Beef round  
Gumbo file  
Green peppers  
1 Large Onion  
Celery  
Flour  
1 Pound Pork links  
1 Pound Italian sausage

1 Jar oysters  
Garlic  
Parsley  
Green onions  
Salt & pepper  
Water

Fry sausages, cool and cut into thin slices [pork links each into 3 pcs].  
Cut beef round into pieces. Fry pieces in large pot until meat is brown and tender, remove meat. Chop all vegs., add to drippings in pot, saute until light brown. Add flour to make a roux. When roux is golden brown, add water, sausage and meat. Cook until meat and sausages are tender and gumbo thickens. Add oysters. Cook until tender. Add file 1/2 hr. before gumbo is finished. Serve over rice. The meat can be placed into deep pie shell and served as pot pie; drain off broth before placing meat in shell.

### Shrimp Creole

=====

2 Pound Fresh shrimp, heads off  
1 Quart Water  
1/2 Cup Vegetable oil  
3 Med. yellow onions, chopped  
2 Large bell peppers, chopped  
5 Celery ribs, chopped fine  
10 Lge. tomatoes, peeled & seeded  
2 Teaspoon Salt  
1 Teaspoon Ground red pepper  
1/2 Teaspoon Ground black pepper  
1/2 Teaspoon Ground white pepper  
1 Tablespoon Fresh thyme or 1 t dried  
1 Tablespoon Fresh basil or 1 t dried  
1-1/2 Teaspoon Sugar  
5 Bay leaves  
1 Cup Green onions, chopped  
1 Cup Parsley, chopped

Peel and devein the shrimp. Place heads [if you have them], and peels in a small saucepan and add the water. Bring to a slow boil over medium-high heat and let boil slowly for 15-20 minutes. Strain and discard the heads and peels. Place the oil in a Dutch oven or other large, heavy pot and place over medium-high heat. Add the onions, peppers, and celery and saute stirring often, until the vegetables are very soft, about 45 minutes. Stir in the tomatoes, salt, peppers, herbs, sugar, and shrimp stock and return to simmer. Reduce heat to medium and let simmer for 2 hours, stirring occasionally. This is your creole sauce; it can be prepared 1 or 2 days in advance and stored in the refrigerator [I find the sauce is even better after sitting a couple of days in the refrigerator]. When you are ready to serve, return the sauce to a simmer and add the shrimp. Cook until they turn

pink, 5-7 minutes. Stir in the green onions and parsley and let cook for 1 minute more. Serve on flat plates over beds of rice.

### Shrimp Newburg

=====

2 Teaspoon Butter  
2 Teaspoon Flour  
1 Cup Milk  
2 Pound Raw shrimp  
2 Pimentos and 1 can liquid  
1 Egg  
1/2 Cup Cream  
1 Small onion  
1/4 Teaspoon Salt  
1/4 Teaspoon Pepper  
2 Teaspoon Lea & Perrins sauce  
2 Beef bouillon cubes  
1/2 Teaspoon Dry mustard  
Green onion tops, chopped  
Tabasco sauce  
1/4 Cup Hot water

Make white sauce by melting butter, add flour and cook until it bubbles, add onions, simmer a minute. Add hot milk and cook until sauce thickens. Add peeled raw shrimp, pimentos and liquid from one whole can, 2 tablespoons Lea & perrins sauce and beef bouillon cubes dissolved in hot water, dry mustard, chopped onion tops, dash of tabasco sauce. Before removing from fire, add beaten egg and cream.

### Southern Fried Chicken By Paul Prudhomme

=====

===== SEASONING MIX =====

1 Tablespoon + 1 Teaspoon salt  
2 Teaspoon Onion powder  
1-1/2 Teaspoon Black pepper  
1-1/2 Teaspoon Rubbed sage  
1 Teaspoon White pepper  
1 Teaspoon Thyme  
1/2 Teaspoon Garlic powder

===== INGREDIENTS =====

18 Boneless chicken breasts, skinned  
2 Cup Flour  
2 Eggs  
2 Cup Milk  
3 Cup Vegetable oil



In a small bowl, combine salt, onion powder, black pepper, sage, white pepper, thyme and garlic powder to make the seasoning mix. Mix seasoning ingredients well. Sprinkle the seasoning on chicken and rub in. Seal chicken in a plastic bag and refrigerate overnight, if possible. Remove chicken from refrigerator at least 1 hour before cooking. Place flour in a pie pan and set aside In a wide shallow bowl, beat eggs and milk and set aside. In a large deep skillet, heat oil to 375 degrees. Just before frying, dredge chicken in flour, shake off excess. Immediately place chicken in egg mixture and back into flour once again. Place in hot oil in a single layer and fry until crisp before turning. Turn only once.

### Squirrel Jambalaya

=====

1 Medium Squirrel  
Salt and cayenne pepper  
2 Large Onions - chopped  
3 Celery stalks - chopped  
1 Garlic clove - chopped  
3 Tablespoon Oil  
1/4 Green pepper - chopped  
4 Tablespoon Parsley - chopped  
1 Cup Uncooked rice - washed  
1-1/2 Cup Water  
2 Teaspoon Salt  
Louisiana Hot Sauce - to Taste

Cut squirrel into serving pieces and season well. Saute in oil until brown; remove from skillet. Saute onions, celery, garlic, green pepper and parsley in oil until wilted. Put squirrel back into skillet; cover. Cook slowly about 30 minutes or until squirrel is tender. Add rice and water. Stir thoroughly. Add salt and hot sauce; cook slowly about 30 minutes, or until rice is cooked.

### Frog Legs Piquant

=====

2 Tablespoon Vegetable Oil  
1/4 Cup All-Purpose Flour  
3 Tablespoon Butter  
1 Large Diced Onion  
1 Celery Stalk, Diced  
1/2 Diced Green Pepper  
3 Cloves Garlic, Minced  
6 Ounce Tomato Paste  
16 Ounce Whole Tomatoes, Drained, Chopped, Liquid Reserved  
4 Cup Chicken Broth  
1 Teaspoon Tabasco Pepper Sauce  
1 Teaspoon Worcestershire Sauce

1/2 Teaspoon Freshly Ground Black Pepper  
20 Large Frog Legs [3 Pounds]  
Salt  
Cayenne Pepper

In a large saucepan over medium-high heat, combine the oil and 2 tablespoons of the flour to make a roux, stirring constantly until it is light to medium brown, about 15 minutes. Stir in the butter. Add the onion, celery, green pepper and garlic; saute for about 5 minutes, or until soft. Add the tomato paste, and cook over medium heat for about 10 minutes, stirring frequently. Add the tomatoes with the liquid, chicken broth, Tabasco sauce, Worcestershire sauce and black pepper. Cover and simmer over low heat for 45 minutes.

Meanwhile, dust the frog legs with the remaining 2 tablespoons flour, seasoned with a small amount of salt and cayenne pepper. Coat a large skillet with nonstick cooking spray or a small amount of oil, add the frog legs, and saute until lightly browned, about 3 minutes on each side. Add the legs to the sauce and simmer, covered, for an additional 15 minutes. Serve over steamed rice.

#### Texas Wild Duck Gumbo

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2 Wild ducks  
2 Celery stalk  
1 Small onion; sliced  
2 Small Carrots; diced  
1 Tablespoon Salt  
1 Gallon Water  
1 1/4 Cup Vegetable oil  
1 Cup Flour  
2 Cup Onion; chopped  
2 Cup Celery; chopped  
1/2 Tablespoon Black pepper  
1/4 Teaspoon Red pepper  
1 Pound Smoked sausage  
24 Oysters  
1/2 Cup Scallions; sliced  
1 Cup Bell peppers; chopped

STEP ONE: To Make the Stock-- In large pot combine ducks, 2 stalks celery, one small onion [sliced], diced carrots, salt, and gallon water. Bring to a boil and simmer for 3 hours, from time to time skimming off the foam.

STEP TWO: To Make the Gumbo-- Make the roux of flour and vegetable oil until dark and brown. Add the bell peppers, red and black pepper, celery, and onions. Remove the ducks from the stock and reduce the broth to 2-1/2 quarts. Strain and pour over the roux. Simmer the gumbo for 20 minutes.

Remove all the meat from the bones, dice in 1/2-inch squares, and add to the gumbo. Broil the sausage, slice, and also add to the soup. Add the oysters and scallions at last and bring to a boil.

### Very Hot Cajun Sauce for Beef

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3/4 Cup Chopped onions  
1/2 Cup Chopped green bell peppers  
1/4 Cup Chopped celery  
1/4 Cup Vegetable oil  
3/4 Cup Plus 1 Tablespoon All purpose flour  
1/4 Teaspoon Cayenne pepper  
1/2 Teaspoon White pepper  
1/2 Teaspoon Black pepper  
2 Bay leaves  
1/4 cup minced jalapeno peppers  
1 Teaspoon Minced garlic  
3 Cup Beef stock

Combine the onions, bell peppers and celery in a small bowl and set aside while you start the roux.

The roux used in this recipe is light brown. Therefore, the oil is not heated as much as would be done for a dark roux such as you would use in gumbo.

In a heavy 2 quart saucepan heat the oil over medium low heat to about 250 degrees. With a metal whisk, whisk in the flour a little at a time until smooth. Continue cooking, whisking constantly, until roux is light brown, about 2 to 3 minutes. Be careful not to let the roux scorch or splash on your skin. Remove from heat and with a spoon immediately stir in the vegetable mixture and the red, white and black peppers. Return pan to high heat and cook about 2 minutes, stirring constantly. Add the bay leaves, jalapeno peppers and garlic, stirring well. Continue cooking about 2 minutes, stirring constantly. We're cooking the seasonings and vegetables in the light roux and the mixture should, therefore, be pasty. Remove from heat.

In a separate 2 quart saucepan, bring the stock to a boil. Add the roux mixture by spoonfuls to the boiling stock, stirring until dissolved between each addition. Bring mixture to a boil, then reduce heat to a simmer and cook until the sauce reduces to 3 1/2 cups, about 15 minutes. Skim any oil from the top and serve immediately.